

Get Connected

Children's Ministry: Contact Ben Wilson, ben@efreepalouse.org, 509-872-3390.

Youth Ministry: Youth Group tonight, 6-8:30pm at E-Free. For more info, go to www.efreepalouse.org/youth/.

College Ministry (EFCM): Tuesdays, 6-8pm at E-Free. Free dinner served! Contact Pastor Bill, bill.richardson@efreepalouse.org, 509-872-3390.

Life Groups: Contact Josh Wheatley, Associate Pastor, josh@efreepalouse.org, 509-593-0614.

Men's Ministry: Men's Bible Study on Thursdays, 6-7:30am at E-Free. Contact Jack Brossman, jackbrossman@hotmail.com, 509-432-1039.

Women's Ministry: Contact Sharon Richardson, 971-274-0131 or Andrea Plotner, 910-224-2740. Facebook: EFree Women Connect.

Seniors Ministry: Mark your calendars for our next Soup & Seniors Luncheon, Wednesday, February 6! Contact Debbie Hulbert, 208-874-3394, debbie.hulbert7@gmail.com.

Fresh Encounter with Jesus: Every Wednesday, 6:30-7:30pm in the E-Free Youth Room. Join us as we seek His face. All are welcome!

Want to stay Connected? Join the Announcement & Prayer email lists by sending a request to church@efreepalouse.org, or by checking the box on your Connect Card at the Welcome Table.

4812 Airport Road
Pullman, Washington 99163
Office Hours: Mon – Fri, 9am – 5pm
509-872-3390
church@efreepalouse.org
www.efreepalouse.org

Senior Pastor: Bill Richardson
Pastor: Doug Busby
Associate Pastor: Josh Wheatley
Children's Ministry: Ben Wilson
Youth Pastor: Kyle Luck
Worship: Arden Skoglund



Evangelical Free Church
of the Palouse

Raising worshipful, caring, disciple-making servants of the Lord Jesus Christ as we reach our community and the World.

January 27, 2019

8:00 a.m. Prayer Meeting
9:00 a.m. Sunday School
10:10 a.m. Worship Service

Welcome

New to E-Free? Please fill out a Connect Card, located on the Welcome Table in the foyer. Put it into the offering box, or leave it at the Welcome Table, so we can get to know you better.

Have Kids? Children's Church offers programming that spans Nursery through 5th grade. We also have a Nursing Room in the back of the sanctuary for nursing mothers. Room 110 is available for parents to attend to the needs of their little ones, while still listening to the worship service.

Need Prayer? E-Free elders invite you to join them following the worship service, in Room 108, for prayer and encouragement.

Upcoming Events

- ❖ **February 6:** Soup & Seniors Luncheon
- ❖ **February 24:** Child Dedication Sunday
- ❖ **March 29-31:** Men's Retreat

Announcements

Financial Peace University

Learn how money doesn't have to be stressful, with 'Financial Peace University'. Dump Debt. Win With Money. Build a Legacy. Plan for Your Future. Communicate in Marriage. The first class will be at 6pm on Sunday, February 10, in room 108 at E-Free. Childcare available. E-Fee is offering to pay for 50% of the tuition for all attendees. To register, go to <http://www.fpu.com/107671>.

Child Dedication Opportunity

For those interested in dedicating their children to the Lord, we will have a child dedication service on Sunday, February 24. Homework is required. If interested, please contact Pastor Doug, dougb7@frontier.com or Pastor Bill, bill.richardson@efreepalouse.org.

Still Waters, Post-Abortion Healing

A new abortion recovery Bible study is starting soon. *Still Waters* is a post-abortion Bible study where participants study God's Word and share in a journey of hope and healing. Together, in a safe setting, we find the tools and nurturing support we need to overcome the sorrow of a past abortion. For a confidential, no-commitment consultation, please contact Olivia Gordon, 208-310-2456, Dennis Pratt, 208-596-0004, or Palouse Care Network, 208-882-2370, paleaders@palousecarenetwork.com.

Soup & Seniors Luncheon

The next Soup & Seniors Luncheon is scheduled for Wednesday, February 6 at E-Free, 11:30am-1pm. Topic: "Love that Builds Up", a brief RightNow Media presentation followed by some fun fellowship application. Menu: Potato sausage soup, baguette appetizers, strawberry jello hearts, and chocolate chip ice cream cookies. RSVP by Sunday, 2/3, if possible. Contact Debbie Hulbert, 208-874-3394, debbie.hulbert7@gmail.com.

Financials

General Fund: 0.8% above budget through the end of December
General Fund Giving (through December): \$349,098
General Fund Budget (through December): \$346,317

Note: If you would like more financial information, contact the church office, church@efreepalouse.org, 509-872-3390.

A Positive Christian Outlook for a New Year in a Very Fallen World

Philippians 4:4-9
Doug Busby, Pastor

- 1) Rejoicing in Troubled Times - How can I rejoice with so many bad things in my life and in this world?
 - I feel I can't rejoice because _____.
 - Troubled times are not the barrier to rejoicing that we think they are.
 - A harshly beaten Apostle and _____ rejoice.
 - A dying man, Ken Wilkens, becomes the voice of encouragement among his caregivers.
- 2) Let your **ἐπιεικής**, be known – The Secret is Rejoicing in the Lord
 - Some helpful how to's
 - Remembering the good things of God
 - Remembering His character and His work
 - Psalm 103
 - Singing
 - Acts 16
 - Let your **ἐπιεικής**, be known. What is it, and how do you make it known?
- 3) The Lord is Near - Its Relevance
 - The significance of "The Lord is Near"
 - It can go 2 directions, or both
 - _____
 - _____
- 4) Exchanging Anxieties and Worries for God's peace
 - Prayer
 - Petition
 - Thanksgiving
- 5) A Pattern of Positive, Healthy Thinking
 - Give an example of each of the following
 - Whatever is true: _____
 - Whatever is honorable: _____
 - Whatever is just: _____
 - Whatever is pure: _____
 - Whatever is lovely: _____
 - Whatever is gracious: _____
 - Any excellence: _____
 - Anything worthy of praise: _____
- 6) Godly Practice Affects the Way we Think, Which Leads us to God's Peace
 - Putting the Apostolic godly characteristics into practice, add some examples:
 - And the Peace of God shall guard your hearts and your thoughts!

For full sermon notes, visit: www.efreepalouse.org